

## ODM - Ocular Diabetes Mellitus

### ODM-C      COMPLICATIONS

**OUTCOME:** The patient will understand the ocular complications of diabetes.

**STANDARDS:**

1. Explain the long-term ocular effects of the condition. Emphasize that the outcome depends upon the patient's control of diabetes.
2. Discuss the symptoms indicative of progression of ocular diabetes.

### ODM-DP      DISEASE PROCESS

**OUTCOME:** The patient/family will understand the affect of diabetes on the patient's eyes and vision.

**STANDARDS:**

1. Review the current information regarding ocular diabetes. Explain that diabetic retinopathy is a result of retinal ischemia and edema which can result in visual loss or total blindness.
2. Explain that the ocular complications of DM result from high blood glucose and that good control of blood glucose helps prevent loss of vision.
3. Explain that high blood glucose levels can cause swelling of the lens of the eye which can result in blurred vision which may resolve when the blood glucose is under good control.
4. Help the patient develop a plan to achieve diabetes control and do not order new glasses until blood glucose is medically lower. Refer to other departments or agencies as appropriate.

### ODM-FU      FOLLOW-UP

**OUTCOME:** The patient/family will understand the importance of follow-up and will make a plan to keep follow-up appointments.

**STANDARDS:**

1. Discuss the status of the ocular condition and the potential to maintain, lose, or regain visual capabilities.
2. Discuss available interventions to help the patient maintain visual capability as much as possible.
3. Discuss the importance of annual dilated eye exams in detecting diabetic retinopathy at an early stage where treatment is most likely to be effective.

**ODM-L LITERATURE**

**OUTCOME:** The patient/family will receive literature about ocular diabetes.

**STANDARDS:**

1. Provide the patient/family with literature on ocular diabetes.
2. Discuss the content of the literature.

**ODM-LA LIFESTYLE ADAPTATIONS**

**OUTCOME:** The patient will understand the relationship between elevated blood glucose and loss of vision and will develop a plan to achieve and maintain good blood glucose control.

**STANDARDS:**

1. Emphasize the importance of diet and weight-control guidelines as they relate to blood sugar control and ocular health. **Refer to DM-LA.**
2. Explain that use of tobacco products can exacerbate the disease process and lead to increased loss of vision.
3. Help the patient develop a plan to control blood sugar. Refer to local resources as appropriate.

**ODM-LT LASER THERAPY**

**OUTCOME:** The patient will understand the procedure, benefits, and common risks of laser therapy.

**STANDARDS:**

1. Explain the proposed procedure and indications for the procedure as it relates to the patient's condition.
2. Discuss the common and/or important risks and the potential benefits of the proposed procedure. Explain that the therapy prevents worsening of the condition but probably will not restore any lost vision.
3. Explain the preparation for the procedure.

**ODM-M MEDICATIONS**

**OUTCOME:** The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

**STANDARDS:**

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.

2. Discuss the risks, benefits, and common or important side effects of the medication and follow up as appropriate.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.
4. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

**ODM-PM     PAIN MANAGEMENT**

**OUTCOME:** The patient/family will understand that pain relief may be available.

**STANDARDS:**

1. Explain the pain scale and how it is used to assess the degree of pain individuals are experiencing. Discuss its use in developing a plan to manage pain.
2. Discuss the pain management options which are available.
3. Help the patient develop a plan to monitor and manage pain.
4. Discuss symptoms which should prompt an evaluation such as increasing pain unresponsive to the usual measures.

**ODM-TE     TESTS**

**OUTCOME:** The patient/family will understand the planned tests that may be performed, including indications and impact on further care.

**STANDARDS:**

1. Explain the specific test ordered and collection method.
2. Explain the necessity, benefits and risks of the test to be performed and how it relates to the course of treatment.
3. Explain any necessary preparation and instructions for the test ordered.
4. Explain the meaning of the test results, as appropriate.

**ODM-TX     TREATMENT**

**OUTCOME:** The patient/family will understand the treatment options that may be used to treat the specific condition or injury.

**STANDARDS:**

1. Explain that the treatment plan will be made by the patient and medical team after reviewing available options.

2. Discuss the treatment plan, including lifestyle adaptations, pharmacologic, surgical, and psychosocial aspects of the treatment plan.
3. Discuss the importance of fully participating in the treatment plan, including scheduled follow-up and physical therapy.